# Meet the Blind as we live the lives we want!

In recognition of Meet the Blind Month, The National Federation of the Blind of California , San Diego chapter will post live Face Book videos of blind individuals demonstrating blindness skills. Anyone who has ever wondered how blind people cook, use household appliances, or just get around the community will want to watch our live Face Book Videos. Viewers will see that

blindness does not hold us back, and that just like our sighted friends, we have a wide range of interests and talents. These videos will be posted most Saturdays at 2:00 PM. We invite all viewers to share the link to the videos with as many other people as possible. No video will be posted during the NFBCA state convention. Below is the weekly schedule for our videos.

## Saturday, October 3, 2:00 PM Pacific Time

Meet Allison Depner, Nikki Warren, and Julie Cardenas as they demonstrate the use of Braille and making old fashioned popcorn.

## Saturday, October 10, 2:00 PM Pacific Time

Meet Daniel Merino and Elizabeth Rivera as they grill up some burgers for themselves and their 2 children.

## Saturday, October 17, 2:00 PM Pacific Time

Meet Claude Edwards and Lyn Gwizdak as they take a walk in Balboa Park. Claude will demonstrate how he uses a white cane. He will also demonstrate how to use the AIRA and Be My Eyes apps. Lyn will describe and demonstrate his relationship with his guide dog, Aristotle.

## Saturday, October 31, 2:00 PM Pacific Time

Meet Elia Gonzalez and Noralys Chavez as they bake up some delicious seasonal treats.

To view these videos, visit our Face Book page (National Federation of the Blind of California, San Diego Chapter)